CLAIMS

What is claimed is:

 A method of manufacturing a peanut powder composition comprised of the steps of:

providing roasted peanuts;

grinding the roasted peanuts into a peanut paste;

pressing the peanut paste to remove some or all peanut oil to form a peanut cake;

pulverizing the peanut cake to form a peanut powder; and

blending the peanut powder with one or more other ingredients to form a peanut powder composition comprised of at least 35% peanut powder by weight.

2. A method of manufacturing a peanut powder composition comprised of the steps of:

providing a peanut powder; and

blending the peanut powder with one or more other ingredients to form a peanut powder composition comprised of at least 35% peanut powder by weight.

- 3. A peanut powder composition comprised of 40% to 85% peanut powder by weight.
 - A peanut powder composition comprised of:

50% to 75% peanut powder by weight;

15% to 25% fructose by weight;

6% to 10% sugar by weight; and

2% to 6% dextrose by weight.

- The composition of claim 4, further comprising 2% to 6% cocoa powder by weight.
- 6. The composition of claim 5, further comprising 0.25 % to 1.75% salt by weight.
- The composition of claim 4, further comprising 0.25 % to 1.75% salt by weight.
 - 8. A peanut powder composition comprised of:

40% to 85% peanut powder by weight;

0% to 25% fructose by weight;

0% to 10% sugar by weight;

- 0% to 6% dextrose by weight;
- 2% to 6% cocoa; and
- 0.25% to 1.75% salt.
- The composition of claim 4, wherein the peanut powder is comprised of not more than 10% fat by weight.
- 10. The composition of claim 4, wherein the peanut powder is comprised of 10% to 40% fat by weight.
- The composition of claim 6, further comprised of one or more added vitamins.
- 12. The composition of claim 6, further comprised of one or more added minerals
 - 13. The composition of claim 6, further comprised of one or more added herbs.
- The composition of claim 6, further comprised of one or more added amino acids.
- 15. The composition of claim 6, further comprised of one or more added ingredients that assist in or enhance weight loss.
- 16. The composition of claim 7, further comprised of 0.05 to 4% vanilla flavor by weight.
- 17. A beverage composition comprised of 9 to 38 grams of the peanut powder composition of claim 3 blended in at least 6 ounces of a consumable liquid.
- 18. The beverage composition of claim 17, wherein the consumable liquid is skim milk, reduced fat milk, whole milk, soya milk, or carbonated water.
- 19. The beverage composition of claim 17, wherein the consumable liquid is comprised of 0.1 to 2 ounces of a consumable liquor.
- 20. A beverage composition comprised of 9 to 38 grams of the peanut powder composition of claim 6 blended in at least 6 ounces of a consumable liquid.
- 21. The beverage composition of claim 20, wherein the consumable liquid is skim milk, reduced fat milk, whole milk, soya milk, or carbonated water.
- 22. The beverage composition of claim 20, wherein the consumable liquid is comprised of 0.1 to 2 ounces of a consumable liquor.
 - 23. A food composition comprised of:

2% to 30% by weight of the peanut powder composition of claim 3; and 70% to 98% by weight of ice cream base mix.

- 24. The food composition of claim 23, further comprised of up to 15% by weight of essence of roasted peanut oil.
 - 25. A food composition comprised of:
 2% to 30% by weight of the peanut powder composition of claim 6; and
- 26. The food composition of claim 26, further comprised of up to 15% by weight of essence of roasted peanut oil.

70% to 98% by weight of ice cream base mix.